

# Army Community Service Family Advocacy Program

**Sergio J. Perez**  
**Stress Management**



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# Which of these are Stress?

- You receive a promotion at work
- Your car has a flat tire
- You go to a fun party until 2:00 a.m.
- Your dog gets sick
- Your new furniture is being delivered
- You get a bad case of hay fever

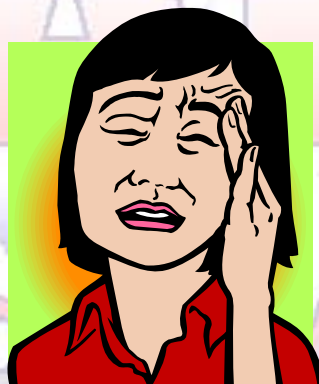


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# What is Stress??



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# STRESS

It's the pressure you feel when your body reacts to a threat or a challenge.

*(Fight or Flight Response)*



- *Heart beats faster*
- *Palms may get sweaty*
- *You feel tense, nervous, even fearful*

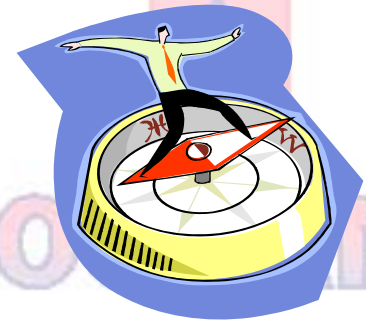
✓ Stress is part of daily life

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# Change is Major Cause of Stress

- Anything that causes Change in your Daily Routine
- Anything that causes Change in Body Health
- Imagined Changes are just as stressful as real changes

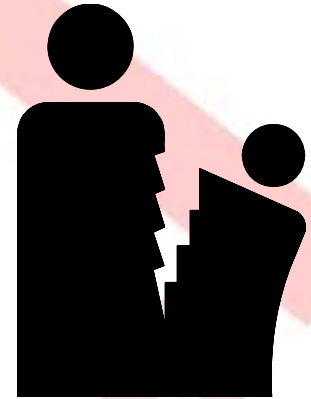


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# Example of Changes

- Job changes
- Money problems
- Family changes
- Personal loss
- Illness or injury



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# Why Should I learn About Stress?

Because too much, over a long period of time can leave you “burned out” or even ill.






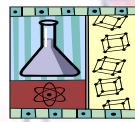




## Stress Can:

- Interfere with your personal relationships & daily activities 
- Make you less productive at work 
- Cause (or worsen) health problems 
- Lead to other serious health problems such as heart disease 

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# Types of Stress

- **Emotional Stress** 
- **Illness** 
- **Body Stress** 
- **Environmental factors** 
- **Tobacco use** 
- **Hormonal factors**  
- **Taking responsibility for another person's actions** 
- **Allergic stress** 
- **Workplace Stress** 

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# Symptoms of Stress

- **Gastrointestinal Tract**

Ulcer, cramps, Diarrhea, colitis, irritable bowel

- **Glandular System**

Thyroid gland malfunction

- **Skin**

Itchy skin rashes

- **Immune System**

Decreased resistance to infections & neoplasm

- **Brain Overstress**

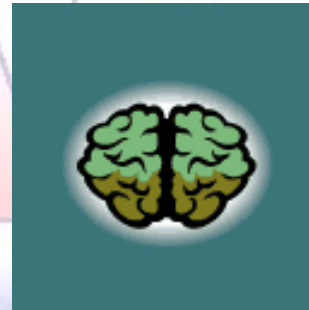
Fatigue, aches & pains, crying spells, depression, anxiety attacks, sleep disturbance



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# Brain Chemical Messengers

- **Spring of 1977**
- **Happy Messengers (Endorphin System)**
- **Sad Messengers**
- **Overstress**



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# Brain Overstress Can cause:

- **Fatigue**
- **Aches**
- **Depression**
- **Anxiety**
- **Sleeplessness**
- **Overwhelmed**
- **Lack of Pleasure**



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# **ANXIETY**

- **Anxiety is a worried, tense feeling. It's vague fear that something bad is going to happen, even if there's no real threat.**
  - **Everyone feels anxious-or nervous at times.**
  - **Lasting anxiety may mean an anxiety disorder.**
- ✓ **Last longer than one month**
  - ✓ **Interfere with your daily life**



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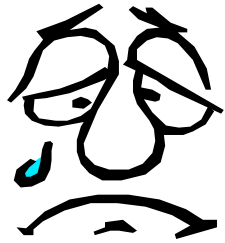
# Signs of Anxiety

- Trembling
- Pounding heart
- Shortness of breath
- Insomnia
- Sweating
- Nausea or diarrhea



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# Depression

- Depression is a strong feeling of sadness that can lead to withdrawal from people, activities and life.
- Everyone feels down at times
- Lasting depression may be a depressive disorder
  - ✓ Feeling depressed longer than 2 weeks
  - ✓ unable to manage or enjoy life
  - ✓ Thoughts of suicide

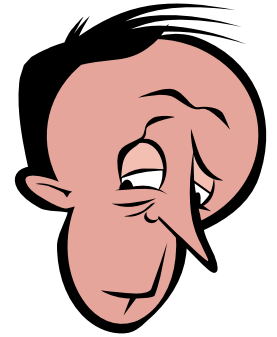


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# Signs of Depression



- A feeling of worthlessness or hopelessness
- Inability to make decisions
- Lack of interest in usual activities, sex or life in general
- Change in appetite
- Insomnia or oversleeping



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# Happy Messengers

## *Neurotransmitters*

- **Serotonin**

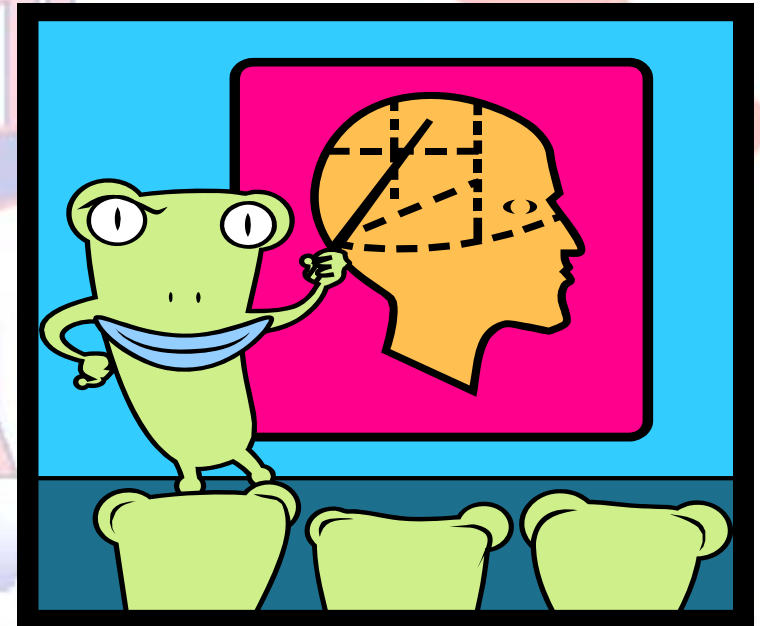
let's you sleep

- **Noradrenalin**

Gives you energy

- **Dopamine**

Sets your pain & pleasure levels



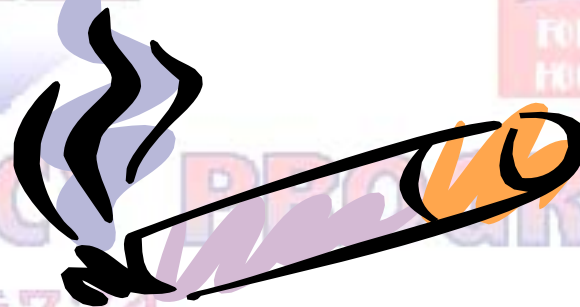
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# Pick –me-up's

- Sugar
- Caffeine
- Alcohol
- Tobacco
- Drugs
- Adrenalin



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# Workplace Stress



- Feeling as though every interaction with co-workers is a demand
- Problems sleeping due to worrying about work
- Irritability, impatience or snapping at co-workers
- Preoccupied with work & problems
- Angering quickly over things that would not normally irritate you
- Feeling exhausted & anxious even when your calm.

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# Six Primary Reasons for Workplace Stress

- Control
- Communication
- Clarity
- Competence
- Significance
- Support

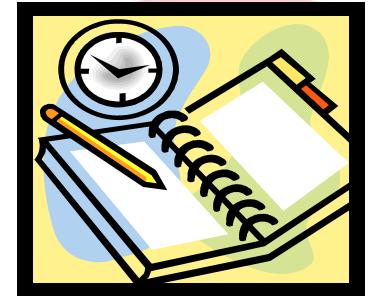


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# **Taking Control of Workplace Stress**

- 1. Understand what you find stressful in the workplace and how you react to it.**
- 2. Learn to identify and deal effectively with people and situations which anger or frustrate you.**
- 3. Develop a low-stress approach to work, people, and situations. This means changing your attitude and behavior in order to reduce stress.**



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# Making Work less Stressful

## Check reactions

Is situation worth it?

Will it enhance my Relationship with Co-workers or Create more problems?

## Pinpoint causes of reactions

Is it worth my peace Of mind?

## Increase self-confidence

Will it help me Perform better Or get my work Done?



## Change your outlook

Is it going to matter a week or month from Now?

# Workplace Stress Reduction Skills

- **Learn to plan & prioritize**
- **Recognize and accept limits**
- **Personalize your workplace**
- **Schedule breaks & meals**
- **Use & develop skills**
- **Anticipate changes**
- **Develop good communication skills**



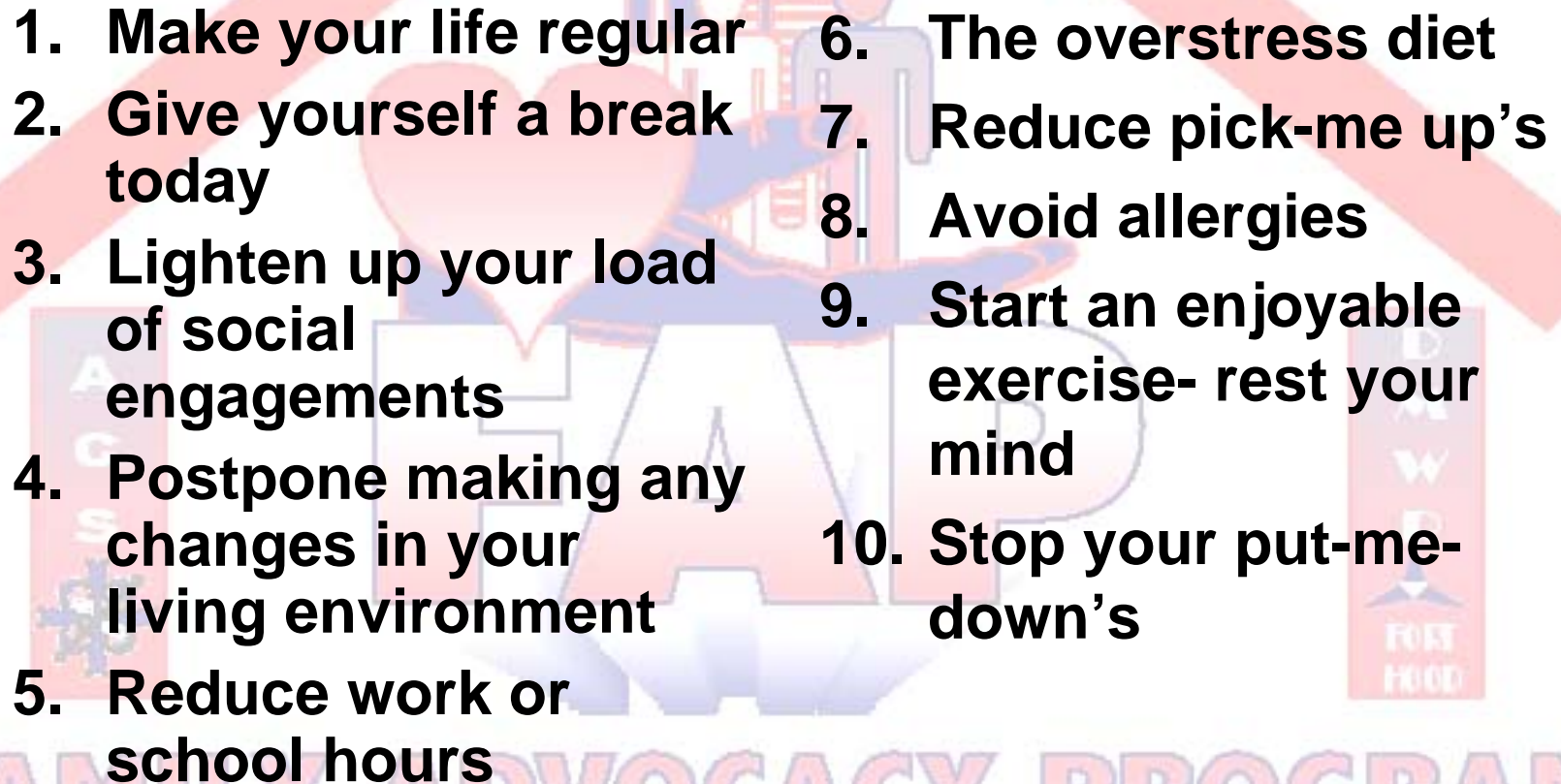
- ✓ **Listen, praise, delegate**
- ✓ **Courtesy fosters respect**
- ✓ **If your wrong, say so**

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# **Ten ways to reduce Stress**

**1990 Steve Burns M.D.**

- 
- 1. Make your life regular**
  - 2. Give yourself a break today**
  - 3. Lighten up your load of social engagements**
  - 4. Postpone making any changes in your living environment**
  - 5. Reduce work or school hours**
  - 6. The overstress diet**
  - 7. Reduce pick-me up's**
  - 8. Avoid allergies**
  - 9. Start an enjoyable exercise- rest your mind**
  - 10. Stop your put-me-down's**

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# Ten simple steps not enough

## Hidden Illness

### Visit your Doctor



- Thyroid disease
- Calcium imbalance
- Anemia
- Diabetes
- Manic-Depression (Bi-polar disorder)
- Liver disease
- Kidney malfunction
- Vitamin deficiency
- Hormone deficiency

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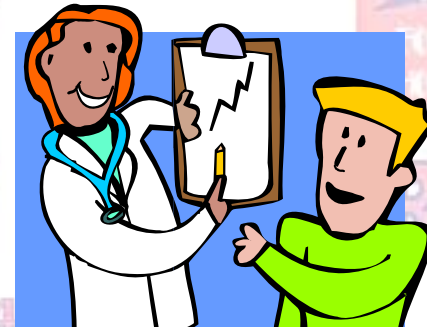


# Continuation



- **Eliminate pick-me-up's entirely**
- **Visit a professional Counselor**
- **Discuss ‘Brain Chemical Re-balancers with your doctor**

**Tricyclics, SSRI's**



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# More Stress Reduction Tips

- **Talk out your troubles**
- **Confront Problems in a positive way**
- **Develop new interests**
- **Develop a support system**
- **Develop positive attitude**
- **Accept that there are events beyond your control**
- **Manage your time more effectively**
- **Learn to tolerate and forgive**
- **Focus on the Future**

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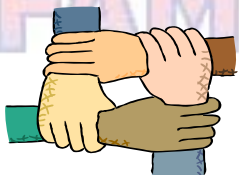
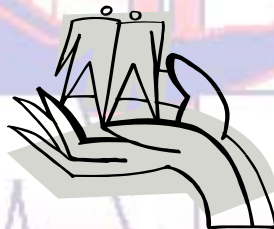




# Sources of help



- Health-care providers
- Mental health professionals
- Counselors, family therapists or social workers
- Hotlines
- Employee Assistance Programs (EAP's)
- Religious leaders
- Army One Source (1-800-464-8107)



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